

**MANDELA DAY**  
**MARATHON**  
TRIUMPH OF THE **HUMAN SPIRIT**



**T R I A T H L O N**

**CONGRATULATIONS**

Nolan Murray

**STEELE**

**on completing the**  
Long Walk Triathlon

**in a time of**

**01:52:09**

**Swim**

00:16:07

**Cycle**

00:57:04

**Run**

00:37:44

